

# Spiritual Blooming Workshops: A Path to Transformation and Evolving Soul Consciousness



## What if you could:

- Live in a calm, peaceful, steady connection of “embodied soul consciousness/awareness,” free of fear, doubt and isolation.
- Cultivate the lightness, brightness and joy of a soul-driven life as your dominant, “go-to” place.
- Deepen the bond with your higher self, enabling you to receive clear messages, and to deliver your unique configuration of spiritual/soul gifts to the world.
- Become part of a spiritual team contributing to personal and world transformation, using the power of “higher mind” consciousness that lives in the soul.

***Are you ready to Transcend ego-isolated consciousness,  
and live from your Soul and a greater whole?***

These workshops are for those who are looking for a “spiritual transformation”: to let go and allow a new awareness to shine through, to begin or continue a lifelong unfolding of a greater consciousness that holds you in the embrace of a connected, loving, expansiveness that becomes a constant companion.

From our direct experience, this type of soul-knowing increases connection to your true self and opens spiritual empowerment, intuitive understanding and a deep sense of surrender/letting go that silences the nagging negative thoughts and worries of individual ego.

## *Are you ready for a new awareness to shine/radiate through you?*

**Join us** in a series of 4 workshops that build on each other. Experience a permanent transformation in self-development during our workshop series. Learn tools to create an internal anchor and rely on self and soul guidance for lasting change. Our classes provide a solid path and processes for continued growth, building momentum towards a self-perpetuating journey of personal transformation.

### **Each Workshop includes:**

- Sacred spiritual meditations
- Group spiritual hypnosis for deep inner shifts
- Spiritual self-enquiry processes to reveal inner truths
- Unique Pranayama breathwork to facilitate lasting change

### **Dates:**

Weekend 1: Sept 27-28

Weekend 2: Nov 1-2

Weekend 3: Dec 6-7

Weekend 4: Jan 10-11

Hours: 9 to 4:30ish pm CST; 10-5:30ish EST

**Investment:** \$1550 (payment plans available)

\$1300 if paid in full by Sept 8th

**Reserve your spot with a \$100 deposit by August 22nd**

### **Your facilitators/mentors:**



**Laureen Rose, LCSW, ACHt, and Michael Rosenbaum, CHt**, are lifelong meditators and spiritual practitioners who have been studying together for almost 20 years. Both are certified transformational hypnotherapists and RoHun practitioners. In addition, Laureen is a licensed clinical social worker of 45 plus years and trained in breath therapy. For years she taught and trained Heart-Centered Hypnotherapy and personal transformation workshops. Her psycho-spiritual approach incorporates both traditional and alternative practices, focusing on mind, body and spirit as integral to the healing process. Michael is a certified energy worker from the Barbara Brennen School who helps people “live happy” by transforming unhealthy behaviors and stuck emotions, and learning to live from a place of joy from their higher selves. He is a certified metaphysician practitioner and was trained by Dr. Michael Newton to take people on a journey to the “life between lives.” Both Laureen and Michael bring a loving, open, and direct style to their work. Their practices are in Park Ridge, IL, and Danbury, CT, respectively.

### **For Registration & Information, contact:**

**Laureen:** 773-490-6366, website:heartandsoultherapies.com, [laurie\\_rose@yahoo.com](mailto:laurie_rose@yahoo.com)

**Michael:** 914-589-3601, website:alternativechoices.org, [michaelr@alternative-choices.org](mailto:michaelr@alternative-choices.org)